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SEPTEMBER 2020



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WE REMAIN #1 FOR GOLD CANYON SALES!



BEAUTIFUL HOME LARGE LOT! NO HOA!
1429 SF, 3 bdrms, 2 bths, 1 car carport! Manufactured home, 11,112 sf corner lot!, fenced back yard close to freeways and shopping, New plumbing and more! Seller will participate in seller concessions!

\$179,500 Call Zach or Shelly!



MOUNTAINBROOK VILLAGE! SAGUARO MODEL!
ON THE GOLF COURSE! 1731 SF, 2 bdrms, office, 2 baths, 2 car garage!, VIEWS! Granite counters, tile floors and wood grain laminate. Front courtyard and fabulous paved back patio!

\$369,000 Call Linda



PENDING!

MOUNTAINBROOK VILLAGE! POOL & VIEWS!
1902 sf, 2 master suites 2 baths and big 3 CAR GARAGE! Premium corner lot too! Home is updated including baths! Vaulted ceilings, Granite counters white cabinetry, N/S exposure!

\$385,000 Call Lisa



NEW!

PERALTA TRAILS! JUST GORGEOUS!

BIG 2611 sf, 4 bdrms, 3 baths, huge 3 car garage! One of the largest lots in Peralta! Backyard is a paradise with VIEWS, POOL, outdoor BBQ, large side yard has wide RV GATE and the 3 car garage is extended in length! Don't let this one get away!

\$465,900 Call Sam



SOLD!

TOSCANO VILLAS! BEAUTIFUL BIG UNIT LOADED!

2283 SF, private, gated exterior entry! 3 bdrms, 3 bths, + office! Lock and Leave luxury living! Fireplace, beautiful back patio Furniture available see agent for prices! Gated community with clubhouse, pool, spa, exercise area, 35 min to sky harbor airport!

\$338,900 Call Zach or Shelly



MOUNTAINBROOK VILLAGE ON THE GOLF COURSE!

2930 sf, 3 bdrms, 2.5 baths, den/office, 3 car garage! Loaded with upgrades! High end salt-wtr Pool and hot-tub! Fireplace, built-in BBQ! Open floor plan, air-conditioned garage! GORGEOUS!!

\$389,000 Call Linda



SOLD!

SUPERSTITION FOOTHILLS BEAUTY! VIEWS! POOL! SPA!

2930 sf, 3 bdrms, 2.5 baths, den/office, 3 car garage! Loaded with upgrades! High end salt-wtr Pool and hot-tub! Fireplace, built-in BBQ! Open floor plan, air-conditioned garage! GORGEOUS!!

\$535,000 Call Sam



SOLD!

KINGS RANCH CONDOMINIUMS!

1058 SF, 2 bdrms, 2 baths, COMMUNITY pool! Open floor plan, front courtyard, and back patio!

ONLY \$160,000 Call Carol



SOLD!

MOUNTAINBROOK VILLAGE BEAUTY!

Saguaro model! 1441 sf, 2 bds, 2 bths, 2 car gar, huge laundry room perfect space for office or hobby area! Mountain view, lush landscape provides lots of privacy!

\$269,000 Call Dawn



SOLD!

PERALTA TRAILS!

LOCATION! LOCATION! LOCATION!

UPDATED! POOL, SPA, OUTDOOR KITCHEN! PRIVATE! 1641 sf, 3 bdrms, 2 baths, 2 car garage!

\$374,500 Call Sam for all the info!



NEW!

WOW!! NO HOA, 1.25 ACRES IN APACHE JUNCTION RARE OPPORTUNITY! 1299 sf, 2 bdrms, 2 baths, open den! NEW in 2015! Mountain Views! Fenced lot, full RV HOOK UP, 2 12X12 SHEDS, HUGE covered back patio! GRAB THIS ONE!

\$305,000 Call Lisa



ENCANTERRA GOLF & COUNTRY CLUB!

WOW! VIEWS! 2299 sf, 2 bdrms, office, 2.5 baths, 2 car gar! Upgrades galore! TOP OF THE LINE CABINETRY, granite counters, 2 big master suites, double rolling walls of glass bring the outside inside! Gas fireplace, built in BBQ, big open patio with fountain! GORGEOUS!

\$532,000 Call Marlene

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SUPERSTITION FOOTHILLS BEAUTY!

WOW! GORGEOUS HOME LUXURY LIVING! 3157 SF, 4 bdrms, 3.5 baths, office & theatre or game room! gated ctyd, big 3 car garage, fabulous views Great room with fireplace & stone wall! Backyard is a gorgeous resort with artificial grass, spa dog-run and much more!
Call Becky or Jodie for all the details! \$519,000



MOUNTAINBROOK VILLAGE GORGEOUS JASMINE!

Backs up to open desert area, loaded! 2 bdrms, 2 bths, fireplace, 2 car garage
Owned SOLAR panels! very desired location!
\$344,900 Call Linda



MOUNTAINBROOK VILLAGE! ON GOLF COURSE!

Beautiful home with 14890 sfm 2 bdrms, 2 baths, extended 2 car gar! Extended patio offers golf and mountain views! NEW ROOF, TURN KEY FURNISHED! Newer tile, newer dish washer and hot water tank!
\$279,900 Call Marlene



MOUNTAINBROOK VILLAGE ON GOLF COURSE!

Gorgeous lock & leave living with a breathtaking Superstition view! Bayberry CASITA at 5613 S Pinnacle Dr! 1568 sf, 2 bdrms, 2 baths, 2 car garage with cabinets! Granite counters, large extended patio, HOA cares for exterior of unit and front yard landscaping! Plantation Shutters, new water heater and much more!
\$345,000 Call Lori



JOHNSON RANCH BEAUTY!

2135 sf, 3 bdrms, 2 bths den/office and large 3 car garage! new quartz counters, newer SS appliances! Double ovens, Bosch dishwasher, newer AC, New Anders windows loaded! Community has pool spa, golf course and much much more!
Call Carol! NEW TO MARKET! \$325,000

SOME LOTS AND LAND FROM .27 AC TO 3.49 ACRES CALL TO SEE OR GET MORE INFO! & WE HAVE MORE!

VISTA DEL CORAZON

4630 AVENIDA CORAZON DE ORO .42 AC\$89,000
4539 AVENIDA CORAZON DE ORO .69 AC\$125,000
4335 S EL CAMINO DEL BIEN 1.16 AC\$149,900
4760 AVENIDA CORAZON DE ORO .65 AC\$159,000

MESA DEL ORO

6968 TUM TUM CT. APPX 1 AC\$99,000 - SOLD
6399 E LAZY LANE 1.15 AC\$189,000 - SOLD

GOLD CANYON

0 S MORNINGSIDE LANE 1.35 AC\$99,000 - SOLD
EAGLE PASS 7000 SF\$48,000 - SOLD
0 E VISTA DEL SOL 1.25 AC!\$65,000 - SOLD
1.25 ACRES ON PRICKLY POINT\$85,000 - SOLD
2.45 AC 0E OPEN SKY\$179,000
YAQUI LANE .51 AC\$189,000

GOLD CANYON EAST

9722 TREASURE PLACE .70 AC\$129,000 - SOLD
9771 DEADSURE PLACE .70 AC\$129,000

GOLDEN SPRINGS

5820 S ESTRELLA RD #76\$28,000 - SOLD
.16 AC 10444 LA PALMA\$30,000 - SOLD

KINGS RANCH ESTATES

10631 E MAVERICK TRAIL 1.5 AC....\$123,000 - SOLD
10571 MAVERICK TRAIL 1.92 AC\$149,900 - SOLD



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SUPERSTITIONLIVING

*Celebrating the joy of living in the foothills
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SEPTEMBER 2020 **VOL 4 - No 9**

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Contact editor@mansurdesign.com for any
questions.

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400
words. Use the form at: Superstitionliving.com

Calendar events (apx. 100 words) are
submitted at: Superstitionliving.com

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ON THE COVER

*Paddleboarding on Canyon
Lake by Luther Martinez*



SEPTEMBER 2020

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Vultures at Boyce Thompson Arboretum by Rosie Wittig

LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Sunday September 6th - 5th Annual 9/11 Memorial Flag Ride 9am - 12pm | Mounted Flag Tribute Drive to Tempe Healing Fields Memorial. Large mounted or Small window flags are required for this tribute drive. Meet at the Walmart back parking lot on Stapley, 1955 S. Stapley Dr, Mesa, AZ 85204, before 9:00AM. Flags need to be mounted and secured before start of the drive. Route to be determined later, After the drive, you are welcome to tour Tempe Healing Fields.

Saturday September 12th - VIP Petcare Clinic @ Shoppers Supply AJ 4PM | Shoppers Supply has partnered with VIP Petcare to provide affordable veterinary services to our customers and their furry friends. They will provide non-emergency veterinary care, including vaccinations, microchipping, testing and deworming, and heartworm prevention. For more information about VIP Petcare, including their service prices, visit their website: vippetcare.com/

Saturday September 26 - National Public Lands Day Cleanup 8AM - 11AM | Natural Restorations needs your help to keep our public lands clean. More details at NaturalRestorations.org or visit us on Facebook

UPCOMING EVENTS

Saturday October 24th, 2020 - GCUMC | The Gold Canyon Garden Plant Sale will be held in parking lot of the Gold Canyon United Methodist Church on October 24th. Saturday from 7:30 AM -12:00 Noon. Plants that are native to the Southwest or adapted to the Southwest will be available for purchase.

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at <http://www.btarboretum.org/events> or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

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I (we) wish to become member(s) of A.D.O.B.E.:

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NAME(S) _____

ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL _____

(for notification of monthly meetings)

MAIL APPLICATION TO: ADOBE 6499 S. Kings Ranch Rd. STE 6, Gold Canyon, AZ 85118

A.D.O.B.E. NEWS

GLENN WALP

A.D.O.B.E. PRESIDENT

GREETINGS TO ALL ADOBE MEMBERS AND FRIENDS

Sorry I missed writing the ADOBE Message for the August, 2020 Edition of Superstition Living. I had too much on my proverbial plate to meet the deadline – I apologize.

It is with heavy heart that we say goodbye to Ray Soden, our “Gold Canyon Ledger/Superstition Living” editor for these many years. It was such a pleasure working with Ray all through the decades. It was the collaboration between ADOBE’s former President Genevieve Bricker and Ray that first brought ADOBE to the pages of the Ledger, and has continued ever since. Special thanks is extended to Mr. Soden who through his passion to “give back” to the community he loved, supported the ADOBE Organization with financial help through the decades. Thank you Ray. Your kindness will never be forgotten. ADOBE, and I personally wish you, Ray, the best of everything in your new adventure.

On into the future, it is with equal praising and joyful hearts that we say hello and welcome to our new “Superstition Living” editor, Jessie Mansur. I have had the pleasure of working with Jessie on multiple ADOBE and personal projects. Let me say with straightforwardness - Jessie is just one wonderful person; fondly wonderful. Kind, considerate, and a professional are just a few words that describe this young entrepreneur. ADOBE and I say congratulations, Ms. Mansur. We know you will be a great success.

As President of ADOBE I have decided that there will be no ADOBE Membership Meetings for the remainder of 2020. Regrettably the Virus is still around - as we all know - and I will not take the chance on anyone catching/spreading the Virus at an ADOBE meeting. Life is too short, and far too precious. That does not mean that the ADOBE Board and its Committees may not meet from time to time, even if by email or the Internet. The Board and the Committees will decide that process. Hot on our list of activities includes the Gold Canyon Bypass, Dark Skies, the Sleepy Hollow Road issue with Peralta Trails, and a northern exit route out of Gold Canyon in the event of an emergency.

ADOBE wishes all members, friends and associates a blessed remainder of September, 2020. Remember to VOTE. ADOBE is nonpolitical, but we are patriotic and stand up for America and its wonderful flag. We “Pledge Allegiance to the Flag” and sing, “God Bless America” at all Membership Meetings. Vote for whomever you feel will take America into the future with success for all – just, respectfully, Vote.

Glenn A. Walp

ADOBE – “The Voice of Gold Canyon since 1988”



Glenn Walp
President
480-982-2316



Genevieve Bricker
President Emeritus
480-983-1415



Maggie Trimble
Secretary
903-474-1963



Bob Harris
Treasurer
480-241-0681



Bunny Butler
Membership Chairperson
623-229-1986



Rick Hardina
Vice President
480-529-1173

GOLD CANYON GARDEN CLUB

Welcomes New Members.

The Gold Canyon Garden Club would like to invite you to consider becoming a member of our club. We are affiliated with the Arizona Federation of Garden Clubs under National Garden Clubs, Inc. NGC offers schools in gardening, landscaping, environmental education, and flower design and show judging. During the Covid-19 pandemic states and regions will be offering these schools at an appropriate and safe time in our area. Check <http://gardenclub.org/schools/#plantamerica> for information on NGC opportunities.

Gold Canyon Garden Club meets the second Tuesday of the month at 10:00AM from September through May. We have three social luncheons during the year at our September, December and May meetings. The other six meetings are gardening related presentations or field trips. We have members who are great sources of information and experience in gardening.

A Butterfly Garden, created and maintained by our club, is tucked away at the far West end of the Dinosaur Playground parking lot on Alameda Avenue. On Saturday, October 24th, 2020 our Club will hold a Plant Sale at the Gold Canyon United Methodist Church parking lot to fund this Garden. The Plant Sale hours are from 7:30-11:30 AM. The Butterfly Garden is a mature garden and has trees and shrubs like Desert Willow, Mexican Bird of Paradise and Texas Mountain Laurels along with many flowers native to the Southwest that butterflies, birds and other pollinators are drawn to. Feel free to stroll through the garden during daylight hours.

Find the Gold Canyon Garden Club on Facebook, at our internet address, goldcanyongc.com or email Janie Montgomery at janiejimmont@gmail.com.

NGC is encouraging us all to plant a tree. It's good for the world.



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**VISIT OUR WEBSITE FOR
COMPLETE INFORMATION**



GARDEN TO GLASS:

Fresh summer cocktails to make at home



(BPT) - Nothing says summer better than sipping a fresh, seasonal cocktail while you relax with family or a few friends. And what do you need to craft the perfect warm-weather cocktail? Follow two simple steps:

1. SELECT THE PERFECT FOUNDATION

Start with a versatile base spirit that can serve as the star of your drink - one that will complement the local, seasonal ingredients you will add to the cocktail. The Botanist Gin is the perfect foundation to your seasonal cocktail because it is distilled from a unique combination of hand-foraged, sustainably sourced botanicals that complement a wide range of flavor profiles, whether sweet, citrus,

herbal, floral or aromatic. These 22 botanicals are all hand-foraged on the isle of Islay off the west coast of Scotland, giving The Botanist a unique flavor that is like an exploration of this wild island in a glass.

2. SOURCE FRESH INGREDIENTS LOCALLY

Once you have your base spirit selected, gather seasonal summer ingredients to give your cocktails a fresh burst of flavor. Consider supporting local growers by visiting a nearby farmer's market or explore growing some of your own ingredients at home. Ingredients that are perfect for making cocktails include fruits such as berries and melons, plus fresh herbs like mint, thyme and basil.

Fresh from the Market

The classic combination of fresh strawberries and mint is super refreshing on a hot day. Use a couple of extra mint leaves to create a beautiful garnish on top.

Ingredients:

- 1.5 ounces The Botanist Gin
- .5 ounce honey syrup (1:1 honey to water)
- .5 ounce fresh lemon juice
- 2-3 strawberries (halved)
- 3-5 fresh mint leaves
- 2 ounces sparkling water

Directions:

Add honey syrup and strawberries to a shaker and muddle.

Add the gin, lemon juice, mint and ice, then shake.

Fine strain over ice and top with sparkling water.

Basil Blues

Blueberries and basil are a surprisingly tasty duo that melds beautifully with the balanced flavor of the gin.

Ingredients:

- 1.5 ounces The Botanist Gin
- .75 ounce fresh lemon juice
- .75 ounce simple syrup
- 5 blueberries
- 3 fresh basil leaves

Directions:

Add simple syrup and blueberries to a shaker and muddle.

Add the remaining ingredients and ice, then shake.

Fine strain over ice, or serve neat. Garnish with basil leaves and blueberries.

It's Pepper Thyme

For a unique flavor with a refreshing burst of lime, pick up a yellow bell pepper or two and create this one-of-a-kind cocktail.

Ingredients:

- 1.5 ounces The Botanist Gin
- .75 ounce fresh lime juice
- .75 ounce yellow bell pepper syrup
- Fresh thyme leaves (optional)

Directions:

Add all ingredients to a shaker. Add ice, shake and strain over ice.

Garnish with a lime wedge or slice, and fresh thyme leaves (optional).

How to make yellow bell pepper syrup:

Slice one large yellow bell pepper and blend together with 12 ounces of simple syrup (1:1 sugar to water). Fine strain and store in the fridge for up to two weeks.

Enjoy the warm days of summer with the perfect cocktails for any occasion. Check out TheBotanist.com or [@thebotanistgin](https://www.instagram.com/thebotanistgin) on Instagram to find more recipe ideas and cocktail inspiration. Need to stock up on spirits? Visit Drizly.com.

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#1 Agent Team in Gold Canyon



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FURNISHED
Mountainbrook Village \$475,000
 2505 sf, 3br, 2ba, 2.5c Extended Garage + Peaceful, Elevated Lot with Beautiful Mountain Views! This meticulous home is gorgeous, updated & turn-key!



4 CAR GARAGE
Custom Home on 1.35 Acre \$569,000
 2324 sf, 4br, 2ba, 4cG + Stunning Mountain Views & No HOA (bring your RV, horses & toys)! 26' deep garage, like new home & FURNISHED too!



SALE PENDING
Tosceno Villas Townhome \$279,000
 1320 sf, 2br, 2ba, 2cG + Golf & Mountain Views!
 (our buyer & seller)
 (accepting backups)



SALE PENDING
Custom Home with Casita \$589,900
 3140 sf, 4br, 3.5ba + Den, Casita & Mtn Views!
 (our buyer & seller)
 (accepting backups)



SALE PENDING
Fairway Views Townhome \$275,000
 1811 sf, 2br, 2ba, 2cG + Private Backyard!
 (our seller)
 (accepting backups)



SALE PENDING
Mountainbrook Village \$315,000
 1740 sf, 2br, 2ba, 2cG + Arizona Room. Furnished!
 (our seller)
 (accepting backups)



SOLD 8/20/20
Superstition Foothills
 (our seller)



SOLD 8/14/20
Gold Canyon Estates
 (our buyer)



SOLD 8/6/20
Superstition Foothills
 (our seller)



SOLD 7/31/20
Mountainbrook Village
 (our buyer)



SOLD 7/24/20
Superstition Foothills
 (our buyer & seller)



SOLD 7/24/20
Mountainbrook Village
 (our seller)



SOLD 7/13/20
Peralta Trails
 (our seller)



SOLD 7/13/20
Gold Canyon East
 (our seller)



SOLD 7/8/20
Hermosa Hills
 (our seller)



SOLD 7/2/20
Mountainbrook Village
 (our seller)



SOLD 7/1/20
Superstition Foothills
 (our seller)

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 (our seller)

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Apache Junction Accepting Applications for Board, Commission Vacancies

The city of Apache Junction is seeking applicants for various boards and commissions. Serving on a board or commission provides an opportunity to work closely with other citizens and the city council to help make decisions about the future of the city.

Board and commission members are appointed by council after submission of an application and a council interview during a work session meeting. Appointments are unpaid and serve a fixed term (terms vary by board and commission).

The following is a list of current vacancies and the term lengths:

- Board of Adjustment (3 openings) *3-year terms*
- Construction Code Board of Appeals (openings for professional architect or engineer, a general contractor and another contractor) *2-year terms*
- Health and Human Services Commission (3 openings) *3-year terms*
- Industrial Development Authority (3 openings) *6-year terms*
- Library Board (4 openings) *3-year terms*
- Municipal Property Corporation Board (3 openings) *3-year terms*
- Parks and Recreation Commission (2 openings) *3-year terms*
- Planning and Zoning Commission (4 openings) *3-year terms*
- Public Safety Personnel Retirement Board (2 openings) *4-year terms*
- Public Arts Commission (1 opening) *4-year term*
- Superstition Mountains Community Facilities District (2 openings) *6-year terms*

All appointments require residency within the city of Apache Junction with the exception of the Construction Code Board of Appeals and the Health and Human Services Commission. Members of the Superstition Mountains Community Facilities District (sewer district) board must own property in the district, which includes unincorporated areas around the city, but no more than 40 acres.

While it is helpful if you have some experience or knowledge about the board or commission on which you wish to serve, the desire to contribute your talents, ideas and opinions to enhance the community is most important. Time commitments vary based on the specific appointment; some meet monthly while others meet on an as-needed basis.

Applications must be submitted online by Tuesday, Sept. 15 and can be found at www.ajcity.net/boards. Additional information on the city's boards and commissions is also available online. For those who do not have access to a computer, applications can be submitted online using a public computer available at the Apache Junction Public Library, 1177 N. Idaho Rd. Candidates are scheduled to be interviewed and appointed at council meetings in October. For additional information or assistance please contact the city clerk's office at (480) 474-5061.

September is Chicken Month!



Hatfield Medical Group

Quality, compassionate care to every patient, every day

Chicken is a staple food that can be part of a healthy and delicious diet. Chicken Month aims to highlight the versatility, value and importance of the original white meat. Chicken is a fairly lean animal food, meaning it has a lower fat and higher protein ratio than other meats. That makes it popular for athletes, people looking for weight loss, and people in general on a healthy eating plan.

At Hatfield Medical Group in Apache Junction, once a week in our Doc Talk Wednesday talks, we will be giving different ideas to incorporate chicken into healthy meals. Chef Jason will be here on September 9th to do a demonstration! We also will have recipes on hand to try new and healthy dishes. Please take pictures if you do prepare our recommended recipe and send them to us.



The week of September 14th, Chick-Fil-A will be our sponsor and has donated 50 Chicken sandwiches. Come in and register for a Chicken basket to be given away September 18th at 3pm.

The week of September 21st, Los Gringos will be our sponsor and has donated 50 Chicken Tacos.

We will have Color for our Troops (September 11th), Rock Painting classes (September 25) and our latest event is "Groove" (September 14th). June Russo will be our instructor. Since our space is limited due to COVID-19 we will need to have everyone register for all classes. We will also offer these as virtual classes. To register for all of the above, please call 480-696-5779. For a Free tour and learn more about Hatfield Medical Group, please call Kim at 480-536-6830 ext 4552.



Summer hours: April - September
Wed - Mon from 6 a.m. - 3 p.m. No entry after 2 p.m.

Most nature walks included with \$15 adult daily admission – free to BTA annual members

- Confirm event times and read more at www.btarboretum.org
- connect with more than 12,000 fans (staff, volunteers, annual members) at facebook.com/btarboretum

September News



Boyce Thompson
Arboretum

Travel the deserts of the world all in one place at the beautiful Boyce Thompson Arboretum!

*Open from 6 AM to 3 PM Wednesday through Monday
(closed Tuesdays).*

ONLINE WEBINARS

Boyce Thompson Arboretum is growing its online offerings with special webinars covering plants and wildlife.

Webinar: Prickly Pear Harvesting | \$10 Per participant | register at btarboretum.org - Tue Sep 1st 9:00am

Have you wanted to pick a peck o' prickly pears, but didn't know how to remove those painful little cactus needles? It's harvest time and Boyce Thompson Arboretum boasts one of Arizona's most knowledgeable and experienced prickly pear pickers eager to teach you how to safely pick, de-spine, juice and prepare these abundant desert fruits. BTA's own Horticulturist Specialist, Preston Cox, will lead the virtual audience through a demonstration of proven techniques for picking, de-spinning and juicing cactus fruit for \$10 per registration.

Online event: Bye-bye Buzzards | FREE | Tune in on facebook live September 19 at 10:00 AM

September brings the Autumnal Equinox, observed by cultures from the ancient Greeks to Aboriginal Australians - at the Arboretum one sure sign of Fall is the departure of the seasonal resident flock of Turkey Vultures. Join ASU Professor Dave Pearson for a webinar focused on observing the big, black birds. Enjoy still photos, videos and a presentation from Dr. Pearson all from the comfort of your own home.

Webinar: Sonoran Desert Native Bees | FREE | Tune in on facebook live on September 26 at 11:00 AM

Sonoran Desert Native Bees is a non-profit citizen science group that was formed to study the more than one thousand species of native bees in the Sonoran Desert. Native bees are solitary and do not form large colonies, although some species do congregate socially. These highly efficient and peaceful pollinators do not swarm and will not generally attack humans. This webinar will be lead by Maddie Ostwald. Maddie is a PhD candidate in Animal Behavior at Arizona State University. She has studied honey bees, stingless bees, sweat bees, and more in the Southwest, the Northeast, and in Central America. Her current research focuses on native Arizona carpenter bees, with a particular interest in their unique and flexible social behavior.

*To view the most up to date list of events visit
btarboretum.org/events*

HEALTH & SAFETY

Currently our staff and volunteers are:

- Periodically sanitizing contact surfaces
- Routinely hand washing
- Utilizing protective face masks
- Practicing social distancing

Boyce Thompson Arboretum encourages all community members to follow the advice of the CDC when choosing whether to visit any outdoor venue.

VISIT VIRTUALLY

Boyce Thompson Arboretum is delivering more all new content than ever. Keep in touch and follow the garden on social media for all things BTA featuring everything from the latest cactus blooms to wildlife in the gardens.

FB: facebook.com/btarboretum

IG: [@btarboretum](https://instagram.com/btarboretum)

Website: www.btarboretum.org



FINANCIAL FOCUS

MATTRUPPERT

Labor Day is almost here. Of course, this year, the holiday may have a different impact, given the employment-related stress and disruptions stemming from the coronavirus. Yet, it's good to recognize the value of work and its importance in achieving your life's goals. But if you're going to retire comfortably and reach your other financial objectives, you also need to invest – and your investments need to work as hard as you do.

To help make this happen, you need to know why you're investing in the first place. You likely have a variety of financial goals, including short-term ones – a long vacation, a new car – and long-term ones, such as a comfortable retirement and the desire to leave a legacy for your family. But you can't invest in the same way for these goals. For example, when you're planning an overseas vacation for next year, you want a certain amount of money to be available at a certain time, so you'll want an investment that offers a high degree of preservation of principal. However, when you're saving for a retirement that may be decades away, you need to consider investments that offer growth potential. In any case, you can help your investments work efficiently for you by matching them with specific goals.

You also want to keep your investments "on the job." In the immediate aftermath of large market downturns, such as we saw earlier this year, many people simply stopped investing altogether. But taking a "time out" can be costly. For one thing, when you stop adding to your investment portfolio, you reduce its growth potential. Furthermore, if you're on the investment sidelines, you might miss out on the next market rally – and the biggest gains often happen in the early stages of these rallies.

LABOR DAY: MAKE INVESTMENTS WORK AS HARD AS YOU DO

Not everyone simply abandons the investment world following a downturn, though – some people just put more money into cash and cash equivalent accounts. And while it's a good idea to have enough cash on hand for emergencies (about three to six months' worth of living expenses), you may not want to have cash as the major component of your portfolio. Cash simply doesn't "work" hard enough in the sense of providing you with long-term growth opportunities.

So, whether the markets are moving up, down or sideways, it's important to keep investing and keep a reasonable percentage of growth-oriented investments in your portfolio, with the exact amount depending on your goals, risk tolerance and time horizon. These investments will fluctuate in value, but the longer you hold them, the more the impact of short-term drops may be reduced, especially if you maintain a diversified portfolio, although diversification, by itself, can't ensure a profit or protect against loss in a declining market.

Finally, here's one other step you can take to help keep your investments working hard: Check up on them periodically. Review your portfolio at least once a year to determine if it's still helping you make progress toward your goals. If it seems like you're falling behind, you may need to adjust your investment mix.

You've probably discovered that hard work pays off for you in just about every endeavor – so why should it be any different with investing? Keeping your investments working diligently can help boost your chances of achieving your important financial goals.

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FINDING YOURSELF IN THE OLD WEST

Superstition Mountain Museum to unveil new history and culture exhibits

By Bill Van Nimwegen

An exciting new experience awaits those who visit the Superstition Mountain Museum this fall. The regional history and culture galleries have been reimagined and are currently being rearranged so that visitors can find themselves in the “Old West.”

Did your ancestors travel west during the great migration? Perhaps they were already here as part of the indigenous people, in the military, or part of the work force who built the Roosevelt Dam. Do you share the dream of the many prospectors lured by the promise of a payday hidden in the mysterious cliffs and canyons of the Superstitions? Maybe you are a fan of “Gunfight at the O.K. Corral” or other western movies set in this spectacular landscape.

Museum board members, volunteers and staff were recently treated to a sneak peek of the reimagined gallery layout. An excellent summary was led by Michelle Reid of Museum Pros, who were contracted to work with Superstition Mountain Museum on the updates. Ms. Reid explained her approach to telling the story of our region and why rearranging sections is necessary to understanding the narrative. She used an example of three forms of storytelling



Michelle Reid of Museum Pros discusses gallery updates with Board director Art Helfgott, Museum director John Schempf, Fran Dreiling and Gift Shop coordinator Dave McElligott at the walk through on July 31.

in a reductive manner: A book can be edited down to a movie which can be further reduced to a poem. She likened the museum's effort to that of creating a poem: Facts that allow for visitors' impressions and interpretation. She wants to help visitors “find themselves” in the story.

Ms. Reid recommended that the entrance and exit be switched to move everyone on a clockwise path and help the timeline progress from left to right. She said that exhibits should follow three stages: Introduce visitors to what you will tell them (with a banner); Tell visitors a story (with artifacts and captions); Tell them what you told them (with a summary).

“The story is HUGE,” Ms. Reid said, “but there is a finite amount of space.” She suggested an ingenious solution to that

problem: Rotate artifacts with modules that can easily be rolled in and out of the gallery. Also, a “work in progress” storage room with a viewing window will allow visitors to see artifacts being prepared for display without the expense of permanent displays.

“I've already seen it” will no longer be true for return visitors. The exhibits will be ever-changing.

The Superstition Mountain Museum will present the new galleries to the public at a special reopening weekend November 7th and 8th. Become a member of the Museum now and be invited to a VIP reception and preview on November 6th. Please visit www.SuperstitionMountainMuseum.org to join and become a part of the region's award-winning institutions and a hub of exciting events, lectures and living history.



TIPS & HINTS ON LANDSCAPING

TOM McDONALD
OWNER - SMILING DOG LANDSCAPES

PLANT PATHOLOGY

A frequent question I hear is 'what killed my plant?' Once a plant is dead, it's difficult to determine the ultimate cause of its demise, but I always start with water.

In the desert the right amount of water delivered in the correct way and time is vital to plant health. Too much water destroys desert plant health quicker than too little water. Desert plants have adopted strategies to deal with drought allowing them to thrive in this land of extreme temps and scarce water. Consequently, they have few defenses against saturated root zones which encourage the growth of a multitude of bacteria and fungi that can turn a flowering shrub into a lifeless shuck of its former self. Ironically, the symptoms of an overwatered plant resemble a wilted plant that is starved for water. However, in the case of overwatering, wilting is caused by a microbial pathogen that either destroys the roots or clogs the vascular tissue that transports water, both irreversible conditions.

Our propensity to try and force plants to survive in a climate zone to which they are not adapted is an understandable desire encouraged by our climate, the technology to irrigate, and the perception of abundant water [more on that myth another day]. Plants, unlike humans, cannot head to cooler climes when valley temps become unbearable.

Recently I received a call from a winter visitor. Before leaving for the summer, she purchased plants from a local hardware store and installed them in her yard. Although she insisted they had plenty of water and were planted correctly, upon her return she found them dead. My questions included type of plants, time and frequency of irrigation, and location. Since I love a good mystery, I agreed to take a look. I discovered the one gallon plants were planted next to a hot wall and irrigated with emitters that were overwatering the shrubs which were of a species that do not do well in this climate in the best of situations. Wrong plant, wrong place, and wrong water. Fortunately, the store has a one year unconditional warranty and the customer still had her receipt.



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FROM PIECES TO PEACE: Finding Clarity in these times

In this unprecedented time of uncertainty, restriction, limitation and change, we are spending more time away from loved ones and friends, more time in isolation, and more time on our screens. We are being bombarded with information and, at the same time, we are starving for wisdom. The uncertainty that surrounds us is causing a dramatic rise in anxiety, stress and various other mental and emotional health issues.

Finding meaning while trying to maintain some sense of normalcy on a daily basis has been a crazy ebb and flow of emotions. Some days seem to flow better than other, whilst others leave us completely drained and exhausted.

Clarity and perspective seem lost in this current game of life and appear non-existent to the point we feel lost, stuck, exhausted, and terrified that the future is strewn with so much uncertainty. We literally don't know what's coming next.

When we seem to be in overwhelm mentally and emotionally, we become ineffective and inefficient and life can feel like a losing battle.

Because of the current global climate, how do we stay informed but mentally and physically healthy? How can we reclaim stability? How do we build a foundation of healthy habits that help us to develop and underpin resiliency? How do we build a sense of self that we trust and love, coming from a place of authenticity and vulnerability amongst so much blame, shame and judgment?

Health and wellness are integrative. If you are out of balance mentally, emotionally, physically or spiritually, your overall health is affected. There are countless holistic tools and alternative wellness techniques that can be employed to manage the stress and anxiety when you feel overwhelmed or greatly distressed by incessant waves of emotion and thought. Some of these tools are meditation, massage therapy, energetic bodywork, mindful movement,

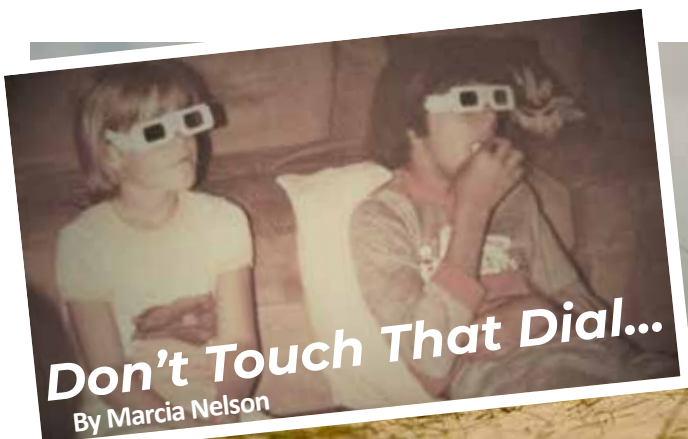
breathe work, and acupuncture. They can help you maintain balance, regain a sense of control, and stabilize your thoughts and feelings quickly.

Square breathing is a type of breathwork that can shift your energy, connect you more deeply with your body, calm your nervous system, and decrease stress in your body. Try for 3 minutes to start with. How to do square breathing:

- Begin by slowly exhaling all your air out.
- Then, gently inhale through your nose to a slow count of 4.
- Hold at the top of the breath for a count of 4.
- Then gently exhale through your mouth for a count of 4.
- At the bottom of the breath, pause and hold for the count of 4.

To learn more about these tools and techniques for Integrative Health, please visit The Live It Well Place at 6607 S King's Ranch Rd in Gold Canyon or visit www.liveitwellaz.com.

Namaste. The light within me honors the light within you.



What are you watching on that TV screen?
Old shows and sitcoms that you've already seen?

Just what will we do if there are no new shows?
No games, no sports, so you might as well doze.

But if finally, the actors are allowed to perform, will we see their whole face or will half be the norm?

Of course, there's always the weather and news, as a frantic storm chaser each dark cloud pursues.

So just be resigned there's nothing new at all.
Your favorite shows won't be on in the Fall.

Hey, maybe just for fun, put on those old 3-D specs, pop some corn, have a soda and watch an epic Star Trek.

And what's a dial, anyway...?

THE REMARKABLE STRENGTH OF THE REAL ESTATE MARKET



BY DIANNE OPHELIA COLSON, ESQ
ASSOCIATE BROKER, THOMAS POPA & ASSOCIATES

America has faced its share of challenges in 2020. A once-in-a-lifetime pandemic, a financial crisis leaving millions still unemployed, and an upcoming presidential election that may prove to be one of the most contentious in our nation's history all continue to test this country in unimaginable ways.

Even with all of that uncertainty, the residential real estate market continues to show resilience. Here's a look at what the experts have said about the housing market over the past few weeks.

Ivy Zelman, CEO of Zelman & Associates:

"Whether in terms of pending contract activity or our proprietary buyer demand ratings, the various measures of demand captured in this month's survey can only be described as shockingly strong, in spite of the resurgence in COVID-19 cases."

Matthew Speakman, Zillow Economist:

"In a remarkable show of resilience, the housing market has stared the pandemic right in the eye and hasn't blinked."

Ali Wolf, Chief Economist of Meyers Research:

"The housing recovery has been nothing short of remarkable. The expectation was that housing would be crushed. It was—for about two months—and then it came roaring back."

Bill Banfield, EVP of Capital Markets at Quicken Loans:

"The pandemic has not stopped the consistent home price growth we have witnessed in recent years."

Bottom Line

The experts seem to agree that residential real estate is doing remarkably well. Housing inventory in Gold Canyon is extremely low, creating a strong Seller's Market. However, with interest rates at a 50 year low of around 3%, it is a Buyer's Market as well.

The information contained, and the opinions expressed, in this article are not intended to be construed as investment advice. The Author does not guarantee or warrant the accuracy or completeness of the information or opinions contained herein.



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A Bidding War Is Taking Place Among Homebuyers



While businesses have fallen on hard times during the past few months, there are signs that the economy is going to start to recover quickly. This could mean that homebuyers are entering the market again as well.

With summer being a historically hot time for homebuyers all over the country, there are a lot of experts saying that buyers need to get ready for a bidding war.

There are not a lot of homes on the market right now, as sellers are still a bit reluctant to put their homes back on the market with the economy just starting its recovery process.

The end result is that there is a disconnect between supply and demand. This imbalance is causing home prices to climb upward as homebuyers get into a bidding war.

HOMEBUYERS MIGHT BE SURPRISED

Many homebuyers are surprised that prices are actually rising instead of falling. When the last recession hit, home prices actually fell significantly. This is because mortgage defaults were the cause of the last recession, which is why home prices fell so dramatically.

The cause of this economic downturn is different. Due to a limited supply of homes, this is leading to more competition among homebuyers. This leads to more competition, handfuls of offers for a single home, and a bidding war. In order to find the right home, there are a few tips that homebuyers need to keep in mind.

PUT FORTH A MORE COMPETITIVE OFFER

Those who are looking for a home right now need to place themselves in a position to compete against multiple offers from other homebuyers. Some of the most important tips to follow include:

- Hire a local expert who understands the state of the market right now who can help homebuyers find the right home. Right now, the real estate market is not normal. It takes an expert to understand the ins and outs of buying a home in this market.
- Get pre-approved from the market to make sure the offer looks serious to the seller. Those who get pre-approved from a lender will demonstrate a strong desire to buy, pushing their offer to the top.

There are ways to put forth a competitive offer even in this challenging real estate market.

Give me a call for more information!



ROTARY CLUB PROVIDES \$5000 IN FUNDING TO TEEN STRONG

Superstition Mountain Rotary Club in corporation with AZ Rotary District 5495 Grants program awarded a \$5,000 grant to TEEN STRONG of Mesa, AZ. This is a combined effort of \$2500 from the Club and a matching \$2500 from the District. The funds will be used in the local community and throughout the state as a stimulus to help those teen girls in need. Superstition Rotary President, Harvey Clark presented the check to Founder, Sherry Eklund at the regular meeting today.

Clark: "this is a vital program the likes of which have not been seen before, where ALL the support is in one location, therefore, teen women only need TEEN STRONG to get the direction and answers to many of their needs. Vital to Arizona, it can clearly become a Nationwide, State-by-State effort utilizing the AZ template that I wholeheartedly endorse!"

Teen Strong is designed to help teen girls find inspiration and information to help move them through the challenging teen years. Teen Strong™ is devoted to providing quality articles that support the issues important to the girls (ages 13 yrs. – 20 yrs.) throughout the state of Arizona.

Throughout our lives we all have questions, need help and guidance about important and sometimes life changing issues. Young women, especially teens, don't always know what resources are available, or how to access them.

The website was created for that purpose. Teen Strong™ is a boutique website dedicated to making a difference in the lives of teen girls in our state. We are a unique blend of life resources, information, and inspiration.

Additionally, Sherry Eklund announced TEENSTRONGAZ.com is now IamTEENSTRONG.com – the name



change will allow the program to reach other states using the AZ platform. We tackle issues that are significant, empowering, and socially conscious in today's world. Please visit www.lamteenstrong.com to learn more about this program and how to contribute.

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MOUNTAINBROOK VILLAGE

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IN THE KITCHEN WITH MARSHA

MARSHADORRIS

Balsamic Chicken Skillet

- 2 Tbsp Olive Oil
- 2 Tbsp brown sugar
- ¼ c balsamic vinegar
- 1 Tbsp soy sauce
- 2 cloves garlic, minced
- Pepper
- 6 boneless, skinless chicken thighs
- 6 slices of mozzarella cheese
- 2 Roma Tomatoes
- ¼ bunch parsley, chopped

In a gallon zip-top plastic bag, add oil, sugar, vinegar, soy sauce, garlic and pepper. Add chicken, turning to coat, and marinate in refrigerator 30 minutes to 8 hours, turning occasionally.

Heat a large skillet over medium heat. Cook chicken until browned and internal temperature reaches 165 degrees,



about 6-7 minutes per side. Meanwhile, slice tomatoes into 12 slices.

Set chicken aside and pour remaining marinade into skillet. Boil over medium heat, stirring often, until it reduces to a thick glaze.

Turn heat to medium-low, return chicken to skillet and spoon glaze over each piece. Top each piece with a cheese slice and two tomato slices. Cover skillet and heat through until cheese melts. Top with parsley.

Courtesy of Beth Moncel of budgetbytes.com

Email Marsha at Marsha.Dorris.Realtor@gmail.com with any questions.



Pineapple Cherry Cupcakes

These are a light sponge cupcake with a delicious whipped pineapple buttercream frosting! ENJOY!!

- 1 box Duncan Hines yellow cake mix
- 1 cup crushed pineapple with juice
- 1/3 cup vegetable oil
- 3 eggs
- 10 finely chopped maraschino cherries

Preheat oven to 325 degrees. Line two muffin tins with cupcake liners. In a large bowl, beat cake mix, crushed pineapple, oil and eggs with a mixer until combined, about 2 minutes. Fold in the chopped cherries. Fill each cupcake liner ¾ full and bake 17-18 minutes, or until a toothpick inserted into center of a cupcake comes out clean. Transfer to a wire rack and cool completely.

Frosting:

- 1 cup (2 sticks) butter, softened
- 4 cups powdered sugar, divided
- ¼ cup pineapple juice
- 1 tsp vanilla extract

In a large bowl, beat butter, 2 cups powdered sugar, pineapple juice and vanilla with a mixer until smooth. Add remaining powdered sugar 1 cup at a time, and beat until light and fluffy. Use a large star tip and a piping bag to apply a swirl of frosting on cooled cupcakes. If you like, top with a maraschino cherry! Makes about 24 cupcakes.

Recipe adapted from Delish Insane Sweets

Contact Marsha at Marsha.Dorris.Realtor@gmail.com with any questions



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How is it possible to have normal thyroid test results when you have all the symptoms of low thyroid function?

“Functional hypothyroidism” refers to a condition when the thyroid is producing a NORMAL amount of thyroid hormone but other hormone imbalances effectively STOP the thyroid molecules from functioning properly in the body. This condition is fairly common and often overlooked.

Many people recognize the signs of low thyroid (hypothyroidism) such as foggy brain, dry skin and hair, hair loss, fatigue, depression, weight gain, constipation, and hypersensitivity to cold. However, blood test results might show that everything appears normal. At this point, you might tend to look for other causes for the symptoms. But let’s explore this a little further.

If there are plenty of thyroid molecules in the bloodstream but they aren’t able to convert into the active form of thyroid in the cells to do their job, then the body reacts as though the thyroid isn’t producing those hormones.

What Causes Functional Hypothyroidism?

So what’s happening here?

An overproduction or an imbalance of certain other hormones in the body can interfere with how the thyroid hormones are working. For example, if a person is under a lot of stress, either physically or emotionally, the adrenal glands are probably releasing a lot of cortisol. This extra cortisol in the system can actually stop the conversion of thyroid hormones in the cells and keep them from working properly.

WHEN IT’S A THYROID PROBLEM —BUT REALLY NOT...

This can also be true in the case of estrogen dominance—a condition in which the estrogen hormone levels are too high in relation to the amount of progesterone in the system. The excess estrogen can interfere with the conversion and action of the thyroid hormone.

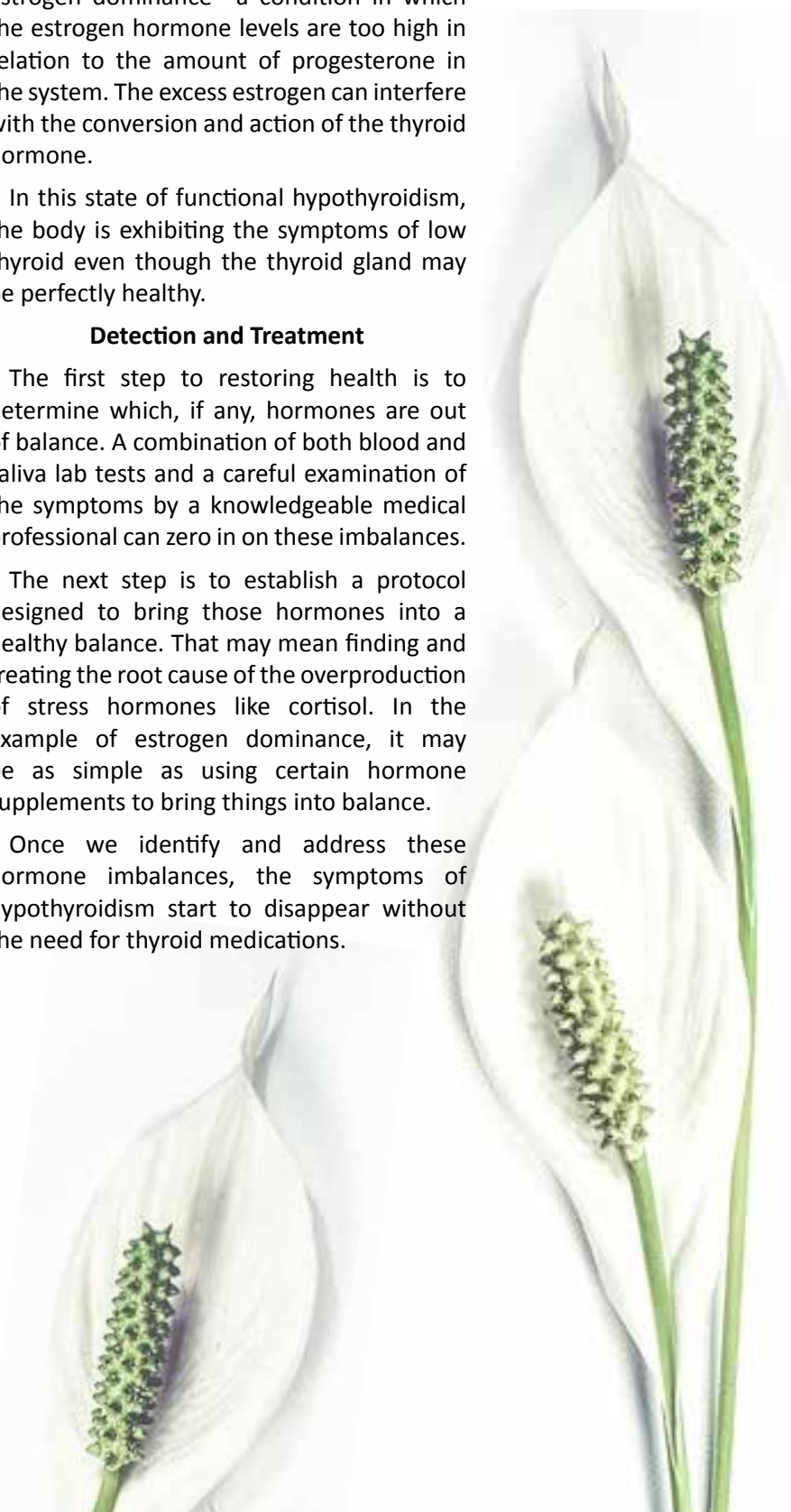
In this state of functional hypothyroidism, the body is exhibiting the symptoms of low thyroid even though the thyroid gland may be perfectly healthy.

Detection and Treatment

The first step to restoring health is to determine which, if any, hormones are out of balance. A combination of both blood and saliva lab tests and a careful examination of the symptoms by a knowledgeable medical professional can zero in on these imbalances.

The next step is to establish a protocol designed to bring those hormones into a healthy balance. That may mean finding and treating the root cause of the overproduction of stress hormones like cortisol. In the example of estrogen dominance, it may be as simple as using certain hormone supplements to bring things into balance.

Once we identify and address these hormone imbalances, the symptoms of hypothyroidism start to disappear without the need for thyroid medications.



Local Retiree Fulfills Lifelong Dream with Debut Novel

"The Chosen's Calling"

Not everyone has the chance to cross major dreams off of their bucket list, but when Gaila Kline-Hobson published her debut novel "The Chosen's Calling" after a 40-year teaching career, she did just that.



Kline-Hobson retired to Arizona in 2016 after four decades of teaching, where she shared a love of literature, reading and writing with students in

Missouri, Oklahoma, and – for 25 years – in Anchorage, Alaska. In addition to her education career, she also raised three sons.

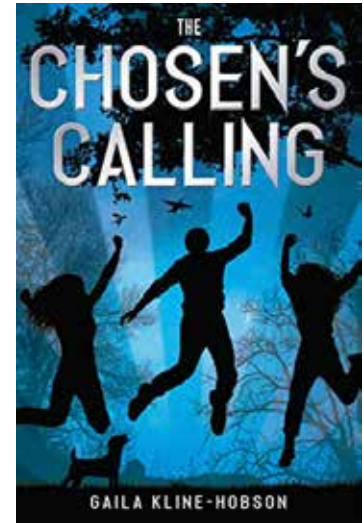
"Writing has always been a passion and many students, colleagues, and friends told me I should write a book. The demands of teaching and rearing my own children pushed that idea onto my bucket list," Kline-Hobson shares. "After retiring to Arizona from the career I loved, I found myself pondering a story topic I'd never read any other book about: why young people die. Many months of research, writing, and revisions resulted in my dream coming true: my debut novel."

"The Chosen's Calling" is a spiritual fantasy centered around the daunting question, "Why do young people die?" The story revolves around three teens as they transition from their earthly lives to

fulfilling their true destinies. The youths come from different family backgrounds and faiths, have different passions and gifts, and died differently, but all have been chosen to become angel warriors and fight evil in the universe. They become masters of character virtues as they overcome the challenges on the Trail of Caring. Arduous training and divine gifts prepare them for comfort visits to their families and their first mission to fight evil.

"The Chosen's Calling' showcases how different faiths have many commonalities," Kline-Hobson says. "Quotes from many faiths and spiritual leaders are woven into the story, as well as interesting facts about a number of things. A lot of general knowledge can come from good stories."

"I have never read a fictional book about the reason why young people die, but I have known a number of people who have faced the death of a child," Kline-Hobson continues. "I've also known students who lost a sibling or a parent. I prayed about it every day. At times, I felt driven to tell the story. I hope it can help people who live with this lifelong grief. Sometimes we all encounter people that are in the throes of grief. Hopefully, this story builds empathy and gives comfort. I hope it's emotionally captivating for everyone. There are plenty of commonalities among different faiths.



People are really more alike than they are different."

"The Chosen's Calling" took about two years to complete and was published by Amazon. Early reception of the novel has been positive. Jennifer Rees, editor of "The Hunger Games," shares "Your book really stands out to me as so amazing. I will remember it for a long time to come!" Kline-Hobson is already working on a sequel.

"The Chosen's Calling" is available in digital and paperback format at amazon.com/author/gailaklinehobson. Readers can keep updated on Kline-Hobson's work by following along on Facebook @gailaklinehobson and Instagram @gailahobson. Her official website is <https://gailahobson.wixsite.com/website>.

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Afternoon visitor by Gayle Johnson



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